

Health and Wellness Committee
February 6, 2023
Zoom Meeting

Attendees:

Wayne Berman, Virginia Cain, Betsy Carrier, Joyce Dubow, Kendell Matthews, Laurie Pross, Marcia Pruzan, Barbara Selter, Rev Vikorm, Marsha Weber
Staff: Tina Pruser- Langley , Shawn Brennan

Welcome/ Introduction 9:33 am

Chair Marsha Weber welcome commissioners and staff to the meeting

Minutes Approval

Laurie moved to approve the minutes and seconded by Kendell. minutes were approved .

Transitions

- Target completion date
Marsha and Marcia suggested that because of the upcoming events for older adults this year which are COA Public Forum on May 4, and Montgomery County's Third Summit on Aging , October 26, we will need to complete the transition project sooner than we anticipated. Much discussion occurred around, fact sheets, editing, reviewing , and completion of the project in October. The agreed format is a two-page fact sheet with the logo for each sub-committee . The process agreed upon is each sub-committees will review the documents periodically. Completed project will be reviewed by the Executive Committee and approved. Then to COA members for vote and final approval.
Action Item- The Health and Wellness committee will need to identify a date in October for final completion of project.
- Discussion of recent focus group (Rev)
The focus group consisted of twenty East- Asian Indian, male ,female and college educated older adults. They had a very lively discussion, felt the topic was timely and something to think about as they aged. The attendees were asked to vote on the project titles. The title received that the highest vote was " Transitions As We Age ". New titles suggested by the group were " Guidelines for Seniors, " The Benefits of Planning Ahead for Life Transitions and " Planning for Life Transitions as We Age." The group offered other suggestions such as social interaction, transportation, and technology support.

Action item -Arrange focus groups with the following ethnic groups, African American Health Program, Asian American Health Initiative, and Latino Health Initiative. (Tina and Marsha)

- Documents
 - Introduction- (Rev, Marcia)
They would need to edit and shorten the content, spacing and wordsmithing .
Add the 3000 line and Senior sites.
 - Medical/Health- (Laurie, Kendell, Barbara)
No report
Action Item- Provide document to present to H&W committee .
 - Housing (David, Marsha)
David has revised and updated the document from the January's suggestions. It was suggested that downsizing be taken out and move up housing logo.
 - Financial/ Legal (Betsy, Kendell)
Betsy acknowledged that the document was too wordy and would need to be edited. She recommended to have an attorney review the document for best legal practices in the financial and medical section.
Action Item:-Edit document to fit on four pages. Align finance and legal topics with the worksheet. Contact Morris and Ryan to review the section.
 - Worksheet (Virginia, Marsha)
Introduction, shorten topics, add File of Life, and multiple death certificates.
Excel worksheet should not be used for the final document. Worksheet document in a table format.
Action item-Presentation of document in a table format
 - Others (Include /References COA Resource Fact Sheet)
All fact sheets should include references and resources.
Action Item-Sub-committees submit updated documents to Marsha and Marica by February 17.
 - Resources
All fact sheets should include references and resources.

Adjourn: 11:23 am

Next meeting : Tuesday, March 7,2023